

# Wolf Pack WARRIOR



Vol. 20, No. 11

8th Fighter Wing, Kunsan Air Base, Republic of Korea

April 15, 2005

## NEWS BRIEFS

### Reporting Threats

Service members, DoD civilians, contractors and family members must remain vigilant against potential threats off base and continue to take individual protective measures to reduce their vulnerability. Those temporarily living in off-base hotels while transitioning to new assignments are especially vulnerable. Report suspicious activity to Eagle Eyes at 782-EYES (3937).

### Hot Volunteer Opportunities

The Kunsan Education Board is looking for volunteers to teach English each Saturday from 8:30 a.m. to 2 p.m., April 23 to July 30 to Korean students from 3rd to 12th grade.

### Home Visitation Program

The Korean Red Cross Home Visitation Program offers an all-expenses paid chance to spend an evening with a local family. Leave Saturday for Jeon-Ju and return Sunday evening. Available May 21 and 28. For more information, call Ms. Rosemary Song at 782-5194.

### New medal authorized

The Pacific Air Forces commander has approved the Global War on Terrorism Service Medal for all U.S. military members assigned, attached, or mobilized to Pacific Air Forces for at least 30 consecutive or 60 nonconsecutive days from Sept. 11, 2001 to a date to be determined in the future. The Kunsan military personnel flight has completed a batch update for all Air Force members currently assigned to Kunsan and eligible to receive the medal in the military personnel data system. Airmen eligible to wear GWOT-S should view their decoration history in virtual MPF to verify the update was successful. If the update wasn't successful, they should contact their commander's support staff or MPF customer service for assistance.

### Promotion Ceremony

The April promotion ceremony starts at 4 p.m. April 29 at 4 p.m. in the Loring Club. Uniform of the day for award recipients and all base personnel is duty uniform.

### ORI results

The operational readiness inspection outbrief will be held at Monday at 8 a.m. Hangar Three.



Photo By Senior Airman Katrina Shellman

## MOPPED OUT

Staff Sgt. Melissa McRae, 8th Medical Operations Support Squadron, helps remove the over boots from Staff Sgt. Cynthia Sain's, 8th MDOS during the the Beverly Bearcat 05-03 exercise. The sergeants completed the exercise as part of a peninsula-wide operational readiness inspection. Results of the inspection are scheduled to be released Monday. See Page 8 for ORI and ORI-prep photos.

*In this  
week's  
issue ...*



**New NCO dormitory  
opens**

**See Page 3**



**Chess player reveals  
his game strategies**

**See Page 5**









**Healthy eating vs.  
snacking tips**

**See Page 7**

## Wolf Weather

### 6-day Forecast

<b>Saturday</b>  Hi/Low 62/40 Partly Cloudy	<b>Sunday</b>  Hi/Low 66/46 Partly Cloudy	<b>Monday</b>  Hi/Low 61/47 Rain Showers
<b>Tuesday</b>  Hi/Low 59/45 Partly Cloudy	<b>Wednesday</b>  Hi/Low 60/45 Partly Cloudy	<b>Thursday</b>  Hi/Low 59/45 Partly Cloudy



# The golden rule of leadership

By Chaplain (Capt.) John Hubbs  
51st Fighter Wing

**OSAN AIR BASE, South Korea** — In most cases, what is considered legal isn't quite the same as what is considered ethical. Ethical leadership concerns the message I write about.

Ethical leadership needs to be based on the same basic principle as ethical living in general. And the most classic of all principles for living is, "Do unto others as you would have them do unto you." But what does the golden rule look like when applied to leading others?

First, it will mean that care for the people I lead takes precedence over concern for my career. We often say that mission comes first, and in our business it must. Talk of the mission, however, is sometimes nothing more than rhetoric to validate demands that benefit self. A friend of mine was an annual award winning wing superstar. Because he produced results, I thought

of him as a great leader. But after he left, the senior NCOs in the unit shared with me how miserable life had been under his leadership. My friend's award packages didn't state how many retirements and separations his leadership resulted in, but those effects of his leadership were just as real as the things for which he was honored.

Leading by the golden rule will also mean valuing my people's ambitions as much as my own. In my days as a civilian pastor, I had a counselee who managed a local grocery store. He had begun working for the company in high school, and risen to the top through dedication and hard work.

He continually complained to me about the poor work ethic of his youngest employees, until one day I pointed out to him something he hadn't considered. His teenage employees had no desire to work for Hy-Vee Foods their entire lives like him. He could not expect them to be motivated as he was

when their ambitions were completely different.

I have seen the same issue in the Air Force. We sell young people initially on what the military will do for them (education benefits especially), but then expect an automatic buy-in to concepts like "needs of the Air Force" once they've enlisted.

It is probably more challenging now than ever before to accomplish the mission and still find ways to help our people attain their personal goals. However, if we ever want the second core value to be embraced (service before self), we need to make sure our organization as a whole lives up to the first (integrity first). A part of that is continually finding ways to motivate according to the promises someone made to them on behalf of the Air Force when they signed up.

Finally, I believe the golden rule will put a leader's concern for people over his or her need to be liked.

A good leader who is genuinely concerned for others creates a supporting

environment in which people are able to do their best and hold them accountable for actually accomplishing it.

I know a high school baseball coach who does this naturally. When a player is not performing well, his recurring admonition from the dugout is, "You're better than that." It's a simple phrase, but it epitomizes two critical messages he constantly delivers. One is, "I, your coach, believe in you," and the second, "I expect your best effort." His teams are almost always successful because he knows baseball, and his players know he cares about more than the score.

"Do unto others as you would have them do unto you." It may be entirely legal to do unto others as has been done unto you. What is simply within the rules isn't the golden rule, however.

Greatness, especially among leaders, always adheres to a higher standard. "Ethical" leaders are those who go for the gold - the golden rule.



## LISTEN

Wolf Pack Radio  
**88.5 FM**  
**WEEKDAYS — 5 TO 9 A.M., AND 3 TO 6 P.M.**  
**REQUEST SONGS AT 782-4373 OR WWW.AFNKOREA.COM**

## LISTEN

To your leadership  
**EACH FRIDAY FROM 8 TO 9 A.M., ON 88.5 FM**

*Have an interesting story, special hobby or unique job? Tell the Wolf Pack Warrior all about it. Submit story ideas to [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil) or call Public Affairs at 782-4705*

## Action Line Answered

### Vehicle registration

**Question:** I tried to get my vehicle registered today and hit a snafu that evidentially has not popped up before now. Due to the requirement for POV's to be registered downtown now, we (the base) needs to updated the base inspection criteria for registering POV's on base to avoid paying for duplicate inspection requirements in a year. What I mean is the Korean vehicle regulations require that passenger cars be inspected every four years while SUV's, vans and trucks must be inspected every year. These inspections must be done at an authorized Korean government approved facility, evidently of which the base gas station is not one. I found this out when the Korean vehicle registration personnel refused to accept the base gas station inspection receipt. They stated that it must be done at one of their government approved facilities. The registration person at Kunsan 's city hall did not recognize the base gas station as an authorized inspec-

tion station and will not deregister a vehicle or accept it to renew the inspection requirement. The problem now is the base requires an annual vehicle inspection that must be done by the base gas station to get our vehicle registered on base. Both downtown and on base inspections cost money to get the same inspection. Any help you may have in getting this issue resolved for us Kunsan long timers would be greatly appreciated.

**Answer:** I'm sorry but the information you received was incorrect. The 8th Security Forces Squadron pass and registration will accept the Korean inspection, in lieu of the AAFES inspection because the certificate from the Korean government holds more weight than an inspection from AAFES.

Additionally, United States Forces Korea personnel are required to get an annual safety inspection in order to receive the USFK safety inspection

decal. This annual safety inspection can be done at either AAFES or other certified Korean registration centers. The same applies for U.S. contractors.

The Kunsan City Hall safety inspection validation period is annotated on the back of the Kunsan City Hall vehicle registration form. Normally, this isn't a factor for military members on a one year tour but it may affect contractors who remain here long enough for the inspection to expire. A Korean safety inspection completed during re-registration at city hall varies dependent on the vehicle type based on the make, engine size, passenger size and type of gas used for the engine. Kunsan City Hall determines the length of the validation period. Neither USFK nor security forces pass and registration has any control over this process.

For more information, please call the 8th SFS pass and registration at 782-4900. If you have problems downtown we have translators in the office to help.

## ACTION LINE

### 782-2004

[action.line@kunsan.af.mil](mailto:action.line@kunsan.af.mil)



Col. William W. Uhle Jr.  
Commander, 8th Fighter Wing

*The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.*

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Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
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Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
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Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
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**Wolf Pack  
Warrior**

Vol. 20, No.11

**Defend the base  
Accept follow-on forces  
Take the fight North**

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### Content

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### Submissions

Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week's edition. Submission does not

guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil) and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

### Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:

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*We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, [WolfPack@kunsan.af.mil](mailto:WolfPack@kunsan.af.mil), or by fax at 782-7568.*



# PACAF welcomes new command chief

By 1st Lt. Christina Hoggatt  
*Pacific Air Forces Public Affairs*

HICKAM AIR FORCE BASE, Hawaii — Chief Master Sgt. Rodney McKinley took over as the Pacific Air Forces command chief this month.

Chief McKinley replaces Command Chief Master Sergeant David Popp, who left to be command chief for Air Combat Command.

As PACAF's top enlisted person, Chief McKinley serves as the principal consultant to the PACAF commander on all enlisted issues.

His responsibilities include keeping the commander appraised of all matters concerning the health, morale and welfare of all assigned enlisted people and coordinating with headquarters staff agencies, commanders and senior enlisted personnel on matters of ad-

ministration and implementation of command policy.

Chief McKinley is no stranger to the PACAF mission. His prior assignment was the command chief master sergeant for 11th Air Force, Elmendorf Air Force Base, AK.

There he served as the primary enlisted advisor to the commander, Alaskan Command, Alaskan North American Aerospace Defense Command Region, and 11th Air Force on matters of force utilization, morale, and welfare of enlisted members and their families assigned throughout Alaska.

He also previously served in the command while a crew chief for the 3rd Tactical Fighter Wing, Clark Air Base, Republic of Philippines, from 1987-1991.

Chief McKinley was born in Georgetown, Ohio, and is a 1974 graduate of Western Brown High School.

He entered the Air Force in July 1974. After his first enlistment, he took a break from the service in 1977 and attended college.

Chief McKinley re-entered the Air Force in 1982 and his wide dynamic experiences have spanned the medical, aircraft maintenance, and first sergeant career fields.

There are currently 55,700 military and civilian personnel in PACAF, serving at bases in Hawaii, Alaska, Guam, Japan and the Republic of Korea.

PACAF's area of responsibility extends from the west coast of the United States to the east coast of Africa and from the Arctic to the Antarctic, more than 100 million square miles.

The area is home to nearly two billion people who live in 44 countries. PACAF maintains a forward presence to help ensure stability in the region.



Photo by Airman 1st Class Juanika Glover

## DORM OPENING

The Wolf Pack celebrated the opening of building 521 as it's newest noncommissioned officer dorm. The dorm will house 122 residents and provide increased follow on support capacity while decreasing the base's dorm deficit by 16 percent. Construction on the new dorms began in February 2003. The building contract was for \$9.8 million and went to Nam Hwa Construction Co., Ltd. Staff Sgt. Ronda Roberts and Staff Sgt. Paul Dascomb, 8th Civil Engineer Squadron, worked as the building inspectors on the project.

# Dorm fires occur on Air Force installations too

By Tech. Sgt. Robyn Roberts  
*Kunsan Fire Department*

There have been several reports of fire in Kunsan's dormitories and if statistics are any indication, it is certainly not going to be the last ones unless 8th Fighter Wing members start abiding by the rules.

According to the National Fire Protection Association, an average of 1,700 fires occur in dormitories each year. This means firefighters respond to reported fires four times every day somewhere in the United States.

"One tragic death is one too many," said John Drenenberg, manager of Consumer Affairs, who reminds us that each year fire kills more Americans than all natural disasters combined.

Whether you live in a dormitory, base housing or even a small apartment, your living area is likely overfilled with books, paper, bedding, clothes and other combustibles that make your room a bonfire waiting to happen.

Even the smallest spark can be deadly. We urge you to take steps to decrease potential hazards and make sure a fire this tragic does not happen. The following are a list of tips for remain safe and how to behave if a fire should occur.

### Escape Plans

- ◆Never ignore a fire alarm: Because every second counts in a fire situation, respond to every alarm as if it were a real fire. If you hear an alarm, leave immediately and close doors behind you as you go, to delay any potential fire spreading. Do not lock doors.

- ◆Have an escape plan: Building evacuations are delayed due to lack of preparation and planning. Read the posted plan in your dorm room or take a few minutes to devise one for you and your roommates.

- ◆Know two exits from your room:



Photo by Airman 1st Class Juanika Glover

**An average of 1,700 dorm fires occur per year. Airmen can prevent these fires by practicing fire safety. Falling asleep with cigarettes in the hand or candles lit is the largest cause of dormitory fires.**

Always assume the most natural escape route might be blocked.

- ◆Memorize the number of doors to the nearest exit. You may not be able to see. Know how many doors or landmarks are between you and escape, just in case.

- ◆Never disable a smoke alarm by removing the battery: Vandalized smoke alarms prevent early detection and endanger everyone in a dormitory. Never borrow a battery from any smoke alarm. A smoke alarm doubles your chance of survival should a fire occur. To make sure your smoke alarm will operate correctly, replace the battery and test as soon as you move in.

- ◆Never hang anything from sprinkler systems: Hanging objects can prevent sprinklers from working properly.

- ◆Keep a fire extinguisher handy: Know where the closest fire extinguisher is and how to use it. When

there's a fire, there is no time to find the instruction booklet or study instructions printed on the extinguisher. Know how the extinguisher works before you need to use it.

- ◆Protect yourself and your roommates property and valuables. Property and valuables can be replaced; lives cannot. Personal safety is the most important factor when deciding whether to fight a small fire. Before you begin fighting a fire; be sure that everyone has left the building, the fire department has been called, and the fire is contained to a small area, such as in a wastebasket, and it is not spreading. Also make sure your back is to an unobstructed exit to which the fire will not spread.

### Electrical Safety

- ◆Don't overload extension cords, power strips or outlets.

- ◆Get a power strip with an over-

current protector.

- ◆Be wary of electrical outlets that get too hot to touch.

- ◆Don't connect multiple extension cords together.

- ◆Extension cords are for temporary situations.

- ◆Don't route cords under doors or carpets:

- ◆Don't staple extension cords:
- ◆Look for the underwriter laboratory mark on any electrical product you use:

- ◆Never cut off grounding pin: Never bend, file or cut a grounding pin from a three-pronged cord to plug an appliance into a wall outlet.

- ◆Use light bulbs with correct wattage for lamps.

### Cooking

- ◆Cooking is the second leading cause of dorm fires.

- ◆Stay focused on cooking. Most cooking fires start because of inattentiveness.

- ◆Look for UL-listed appliances that feature automatic shut-off buttons.

- ◆Use caution when using electrical appliances. Never plug more than one high-wattage appliance into a single outlet.

- ◆Check appliances for frayed or cracked cords.

- ◆Have plenty of fire-resistant potholders and oven mitts ready.

- ◆Keep curtains, towels and potholders away from hot surfaces.

- ◆Store solvents and flammable cleaners away from heat sources.

- ◆Keep surfaces clean of grease.

- ◆Never pour water on a grease fire. Slide a pan lid over the flames to smother a grease or oil fire then turn off heat and leave until the pan cools.

- ◆Use baking soda to extinguish all other types of food fires.

- ◆Keep a fire extinguisher handy

- ◆Never use a brown paper bag to cook popcorn in a microwave.



# PT still mandatory for those on profile

By 2nd Lt. Ashley Conner  
22nd Air Refueling Wing Public  
Affairs

## MCCONNELL AIR FORCE BASE, Kan.

— Many Airmen believe being on profile is an escape route from participating in unit physical training, but officials here said it is not.

“Just because a (person) has a profile that says ‘no running, jumping, crunches, push-ups, and no cycle ergo’ does not mean that the (Airman) cannot go to the fitness center and participate in unit fitness,” said Lt. Col.

Kathleen Ankers, 22nd Medical Group’s medical staff chief.

There are only a few reasons an Airmen, including those at Kunsan, can be exempt from unit fitness, which include being hospitalized, being closely medically supervised during convalescence from a very serious illness and being on medically prescribed bed rest, officials said.

Though a person may not be able to participate fully in all the unit’s specific exercises, they will need to participate in an individual ex-

ercise program.

Health and wellness center officials can tailor individual exercise routines to meet the person’s needs and limitations.

“We conduct a one-on-one interview with (Airmen) to determine (their) limitations unique to them, such as high blood pressure, pregnancy or injuries,” said Bart Patterson, a health technician at the center.

In most cases, the person’s limitations are what prevent them from participating in the unit’s program, officials said.

Once the limitations are assessed, they list their goals, such as to lose weight or increase muscle mass, and describe what type of workout they want.

“They tell us how often they want to work out and what equipment they want to use. If their ideal workout isn’t effective, we tailor it. It is a very individualized process,” Mr. Patterson said.

Airmen may not be able to run or complete the push-up portions of the fitness test, but if they are able to have their abdominal circumference measured, they can be fitness

tested, since a score can be calculated on the basis of just one measure, officials said.

A primary care provider can recommend exception from abdominal circumference testing only after an abdominal surgery or up to 180 days after pregnancy, according to Air Force Instruction 10-248, Fitness Program.

Airmen who violate a profile can face administrative action taken by their commander. This could possibly have negative repercussions if they meet a medical board and it is documented they didn’t follow orders.



Photo by Staff Sgt. Raymond Mills

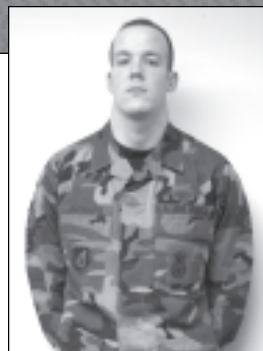
## LEADERSHIP TOUR

Chief Master Sgt. Timothy Snyder, 8th Maintenance Group, receives a coin from Maj. Sam Shaneyfelt. The Major is a member of the Executive Leadership Development Program, a group of DoD military and civilian personnel touring bases and getting an understanding and appreciation of today’s war fighters. The program was created to provide education and training for tomorrow’s leaders. After the 10-month program, participants return to their units with a better understanding of what it’s like being at the ‘tip of the spear.’ The group is comprised of people with outstanding leadership potential. During their Korea tour, the team also visited Osan Air Base and Yonsan.

## PRIDE OF THE PACK



Master Sgt. Todd Fuller



Staff Sgt. Jacob Overman



Staff Sgt. Marcus Meadow

*“I recommend the 8th Security Forces Squadron standardization evaluation section, consisting of Master Sgt. Todd Fuller, Staff Sgt. Jacob Overman, and Staff Sgt. Marcus Meadow, because this aggressive team was the catalyst in testing the Wolf Pack’s ability to conduct its first mission statement of ‘Defend the Base’”*

*“Each member worked more than 60 hours per week over the last five months, including 24 hour days during PEN/CEREs, in order to accomplish their mission of evaluating the base defense. Their warrior-spirited mentality was evident throughout every exercise. Their leadership of opposing forces was lauded by the commander who praised ‘the most intense OPFOR attacks he’s seen to date. They coordinated a joint United States Air Force and Republic of Korea Air Force security forces terrorist response exercise at the main gate, increasing the involvement of our host nation security force. This realistic scenario tested all involved and improved our relationship with the Korean Air Force. Additionally, their administration of written and verbal examinations and performance scenarios tested the capabilities of the 285 personnel assigned to the 8th SFS. Following evaluations and inspections, they provided proficiency critiques to individuals, supervisors and the unit commander. Their critical evaluation standards ensured the unit is compliant with higher headquarters and local directives, giving a clear sight picture of the unit’s ‘health.’ Their recommendations serve to increase efficiency and productivity in each area. As the 8th Fighter Wing and security forces exercise evaluation team, they did more than just write up short-falls, they also corrected them on the spot. Their positive attitude of teaching through evaluation increases security forces’ readiness and directly improved our ability to defend the base!”*

*“This team of superstars embodies our Air Force core values. They’ve attacked every job with enthusiasm and professionalism, ensuring the completion of every task, no matter the situation. No task is too great and no job too difficult for these warriors.”*

— Lt. Col. Kenneth Holliday  
8th Security Forces Squadron commander

## Hometown News

Doing something outstanding  
at work?

Let newspapers back home know.

Go to the Kunsan at [www.kunsan.af.mil](http://www.kunsan.af.mil) and fill out a hometown news release.

## Need a taxi?

Call 782-4318

Have suggestions or concerns  
regarding the taxi service?

Call Ms. Yvonne Crouch, 782-4415





Photos by Master Sgt. Brian Orban

Senior Airman Ray De Jesus scans the board while plotting his opening move. A student of the game since age 9, the maintenance Airman has spent the past several years fine tuning his award-winning chess skills.

## Kunsan chess wizard shares award-winning strategies

by Master Sgt. Brian Orban  
8th Fighter Wing Public Affairs Office

**P**awn to E-4 ... King's bishop to C-4 ... Queen to F-3 ... Queen to F-7... Checkmate!

Senior Airman Ray De Jesus, 8th Maintenance Squadron nondestructive inspection specialist, knows this pattern all too well. It's the least number of moves required to defeat a rookie. It's also a fairly easy strategy to thwart.

Just ask and he'll show you. With a few basic counterattacks, this aggressive strategy can quickly have a seasoned player battling for their own survival.

Starting when he was 9, the Airman learned these and other tactics to face some of the finest players in the chess world in his quest to master the game.

"My dad ... showed me the basic moves when I was very young," said Airman De Jesus. "When I went to college, I met one of my best friends, who was at that time the national champion in Puerto Rico."

It was his friend who turned the aspiring chess player into an experienced master. Since then, it's been the game's variety and different playing styles that continue to inspire the San Juan native.

"Once you learn it, it gets very addictive, especially when you beat a person you know is a lot better than you."

This cherished victory happened during a tournament in Puerto Rico several years ago. Ranked in the beginner levels, the Airman took on a grand master during a special tournament in which the master played against 20 opponents on 20 boards at the same time.

"He was kind of mad because I had never picked up the game at that level; I thought he was going to 'kill' me after that," he joked.

From there, the Airman was hooked. He took on players from universities and local colleges and took this expertise with him into the Air Force. He's faced off against hundreds of players each with their own unique playing methods. It's this unpredictability that makes chess nearly

impossible for people to create a winning fool-proof strategy.

"If I play one [strategy] that I think is invincible, there would be another one to beat it," he said.

However, he did offer advice for rookies and those wanting to take their game to the next level. According to Airman De Jesus, amateurs often make costly mistakes because they don't plan ahead or impulsive moves. For example, attacking a pawn for the sake of taking a piece isn't always the best move since there are times when pawns or even more valued pieces are part of a feint to lure opponents into check or — even worse — checkmate.

"Sometimes you have to give up even your queen — that is the strongest piece in the game — for a checkmate," the Airman said. "I simply wait for the opportunity to attack. I'm very patient ... I study every opportunity I have for success."

People like Airman 1st Class Christopher Olivarria, Wolf Pack Community Center recreation specialist, used the chess wizard's knowledge to improve his proficiency on the board. The Airman, who dabbles in chess from time to time, took advantage of the tutoring to learn the specific moves and their impact during the game. Since Airman Olivarria helps organize the center's monthly chess challenges and tournaments, the lessons gave him a greater understanding and appreciation of the game.

"I wasn't aware of any of my weaknesses of playing the game or how detailed the game really is or how much strategy is involved until I met Airman De Jesus," said Airman Olivarria. "He taught me how to call the moves, how to play using a timer and how to play speed chess."

Despite his experience, Airman De Jesus admitted he's never delved into the countless books on chess strategy. That level of commitment, he said, is normally reserved for those trying to reach the pinnacle of the game in their quest to be the next Garry Kasparov or Bobby Fischer.

"Strategies that I've learned have been [from] playing with some other people and watching others play," he said. "I just love to play ... it's a great game."



**A common mistake: Novice players can sometimes get over aggressive when they play. In this situation, the white player's bishop seeks to claim his opponent's knight, failing to see the seemingly harmless pawn in position to take him out in the next turn.**



**The coup degrade: It can take as little as four moves to put someone in checkmate. In this situation, the white player moved his king's pawn out on the opening move, setting the state for his bishop to jump into the fray on his second turn with the queen making the kill by the fourth turn.**

### FROM THE WIZARD

According to Senior Airman Ray De Jesus, one of the base's most experienced chess players, a normal game includes 20 possible opening moves from each player — 16 by each of the eight pawns and two by each knight. A preferred opening move is moving the king's pawn and moving it up the maximum two spaces — also known as king's pawn to E-4, according to the Airman.

This is one of the most variable openings, according to the Airman. It gets the queen and king's bishop into the fray faster while allowing conservative players to protect their king faster through castling.

On the flip side, moving the corner pawns are often weaker opening moves for novice players since it takes additional moves to pull the rook or castle out of the back row. While a player is busy trying to get that one piece into action, an opponent can have their bishop and queen ready to strike.

Airman added every piece on the board is important — even lowly pawns. The following are the Airman's thoughts on the each piece:

**KING** — "The king is very weak if left open or enclosed with no way out. His strength is big at the end of the game when there is just pawns and kings in the game."

**QUEEN** — "The queen is the most reliable piece [and] can move like the rest of the pieces, except the knight. If played with consciousness, it's the biggest weapon in the game."

**ROOKS** — "The rooks are very strong. They can defend or attack to their sides and front and back at the same time. Their weakness is when they're exposed diagonally, which they cannot defend or attack."

**KNIGHTS** — "Knights are very strategic pieces that can attack over others — a very strong advantage. On the contrary, they're weak on close defensive and offensive play."

**BISHOPS** — "Bishops are diagonally strong with long-range offensive and defensive plays. Their problem is they cannot cross their pattern at any time. For example, if one is in a black diagonal, they cannot go into a white one and vice versa."

**PAWNS** — "Pawns are the weakest piece only because of their limited movement. They can only move forward, and the only way they can attack is diagonally by one space. But ... if they reach the last row [of the opponent's side], you can trade them into any piece you want. I recommend a queen."

### GET INVOLVED

The Falcon Community Center holds its next open chess challenge at 7 p.m. Tuesday. Its next chess tournament starts at 7:00 p.m. May 19. Both events are open to all active duty members, U.S. civilian employees, retirees, military spouses and family members of all experience levels. Registration is not required. For details, call the center at 782-4619.



Today

**Pre-Separation** - The family support center offers a pre-separation briefing each Friday for members about to separate or retire from 9 to 10 a.m. in Building 755, Room 215. To register, call 782-5644.

**Personal Financial Management Program brief** - The family support center offers a PFMP briefing for senior air-men and below attending newcomers' ori-entation from 3 to 4 p.m. in Building 755, Room 215. For more information, call 782-5644.

**Free food night** - The Loring Club of-fers a pasta buffet from 6 to 9 p.m. for club members.

Saturday

**Late niter** - The Loring Club offers a 'late niter' in the ballroom beginning at 7 p.m.

**X-Box tourney** - The Falcon Commu-nity Center offers a Madden 2005 tour-nament beginning at 3:30 p.m.

**Pinochle tourney** - The Falcon Com-munity Center offers a pinochle tourna-ment beginning at 7 p.m.

**Walking tour** - The family support center offers a Cherry Blossom walking tour at Eunpa Lake beginning at 10:30 a.m. Bring 20,000 Won for local bus fare, lunch and incidentals. Call 782-5644 to register.

**9-Pin No Tap bowling** - The Yellow Sea Bowling Center offers 9-pin No Tap bowling beginning at 6 p.m. Entry fee is \$15.

**E-Mart trip** - The Falcon Community Center hosts a shopping trip to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m., and re-turn to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

**X-Box tourney** - The Falcon Commu-nity Center offers a HALO tournament beginning at 3:30 p.m.

**Bamboo Market and Paegyang-sa Temple tour** - The Falcon Community Center offers a trip to the Bamboo Mar-ket and Paegyang-sa Temple. For more information, call 782-4619.

**Bingo** - The Loring Club offers Super Sunday Bingo beginning at 2 p.m.

**Sunday brunch** - The Loring Club of-fers Sunday brunch from 10 a.m. to 2 p.m. Cost is \$11.95 for club members.

Monday

**Nifty Fifty** - The Yellow Sea Bowling

Center offers 50-cent bowling and shoe rental.

**9-Ball tourney** - The Loring Club offers a 9-Ball tournament beginning at 7 p.m.

**Pizza and beer** - The Loring Club offers \$1 longnecks and 50-cent slices from 6 to 8 p.m.

**Triple feature** - The Falcon Community Center offers triple feature movie madness beginning at 7 p.m.

Tuesday

**\$2 pitchers** - The Loring Club offers \$2 pitchers and Kun Burgers from 6 to 8 p.m.

**Cooking class** - The family support center offers a cooking class from 11:30 a.m. to 1 p.m. at the Sonlight Inn. Call 782-5644 to register.

**Seafood buffet** - The Loring Club offers a seafood buffet beginning at 5 p.m. Cost is \$16.95 or \$14.95 for club members.

**Ladies night** - The Yellow Sea Bowling Center offers free bowling for ladies begin-ning at 6:30 p.m.

**Open chess** - The Falcon Community Center offers open chess play beginning at 7 p.m.

Wednesday

**Free food night** - The Loring Club of-fers super social hour featuring sausage from 6 to 8 p.m. for club members.

**Cheap bowling** - The Yellow Sea Bowl-ing Center offers 75-cent bowling all day.

**Karaoke** - The community center offers karaoke from 8 p.m. to midnight.

**Language class** - The family support center offers a basic Korean language class from 10 a.m. to noon in Building 755, Room 215. Learn the Korean alphabet and some useful travel phrases for shopping, dining and using public transportation. Call 782-5644 to register.

**Return and Reunion** - The family sup-port center offers a return and reunion briefing for those about to leave Kunsan from 3 p.m. in the HAWC classroom at the fitness center. For more information, call the family support center at 782-5644.

Thursday

**Pool tourney** - The Falcon Community Center offers a 9-Ball tournament begin-ning at 7 p.m.

**Buck bowling** - The Yellow Sea Bowling Center offers \$1 bowling all day.

**Mongolian barbecue** - The Loring Club offers Mongolian barbecue for 50 cents per ounce from 5:30 to 8:30 p.m.

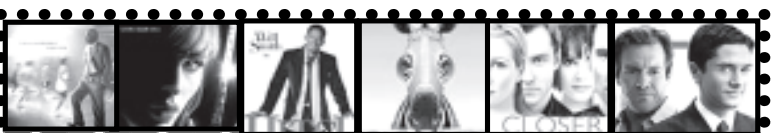
*To submit events for 7-Days, send an e-mail to 8 FW/PA WolfPack@kun-san.af.mil. Submissions must include time, date, place, and phone number.*

Upcoming Tours

Experience Korea on the following upcoming tours:

- ◆ Yongsan Electronics Market and It'aewon April 23.
- ◆ Lotte World amusement park April 24.
- ◆ Outback Steak House and Jeonju City April 30.

*For information on these tours, call 782-5213.*



MOVIE CORNER

**Today** — “The Aviator,” rated PG-13, at 7 and 9:30 p.m.

**Saturday** — “The Aviator,” rated PG-13, at 7 and 9:30 p.m.

**Sunday** — “The Wedding Date,” rated PG-13, at 6 and 8:30 p.m.

**Tuesday** — “The Wedding Date,” rated PG-13, at 8 p.m.

**Wednesday** — “White Noise,” rated PG-13, at 8 p.m.

**Thursday** — “White Noise,” rated PG-13, at 8 p.m.

Chapel Services

**Latter-Day Saint** - Ser-vices are Sunday at 3:30 p.m. at the chapel.

**Catholic services** - Mass is Sunday at 9 a.m., and every Monday through Thursday at 11:30 a.m. at the chapel. Catholic Recon-ciliation is by appointment Monday through Friday, Saturday at 4:30 p.m. and Sunday at 8 a.m. R.C.I.A. is Wednesday at 7 p.m. in the chapel conference room.

**Protestant services** - General Protestant worship service is Sunday at 11 a.m., and the Contemporary Praise and Worship service is Sunday at 6 p.m. Both services are conducted in

the base chapel.

**Gospel** - Gospel services are Sunday at 1 p.m. and the Inspirational Praise and Worship service is Friday at 7:30 p.m. at the chapel.

**Sonlight Inn hours** - The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m., Friday from 6 p.m. to midnight, and Saturday from 6:30 a.m. to midnight.

**Sunday School and Bible study** - The chapel hosts several schools and Bible study groups at the Sonlight Inn. For more in-formation, call the chapel at 782-4300.

Free Classifieds

**X-Box Game:**  
Prince of Persia II in mint condition cost \$30 or best of-fer. Call 782-0610.

**Guitar Equipment:**  
Boss Super Chorus, \$50; Boss PS3 pitch shifter/delay, \$60; PSK 7-band equalizer, \$25; Johnson J-station, \$75; Line 6AM-4 guitar amplifier with power supply, \$100. Call Scott at 011-676-6480.

**Volunteer opportunities Korean Orphanage:**  
Wolf Pack members inter-ested in volunteering at the local Kae Chong Orphanage should call 782-5644.

**FSC:**  
The Family Support Center has opportunities both on and off base. Call 782-3772.

**American Red Cross:**  
Those interested in volun-teering should call 782-4601 for more information.

Wolf Pack Wheels

**Monday through Thursday**  
Departs Kunsan at 7:30 a.m. and 1 p.m. and departs Osan at noon and 6 p.m.

**Friday**  
Departs Kunsan at 7:30 a.m., 3 and 6 p.m. and departs Osan at noon and 10 p.m.

**Saturday**  
Departs Kunsan at 7:30 a.m. and 10 a.m. and departs Osan at noon and 4 p.m.

**Sunday**  
Departs Kunsan at 7:30 a.m. and noon and departs Osan at noon and 5 p.m.

One-way tickets, available at the community center, are \$12.50 for general Wolf Pack members or \$11.50 for the airman morale pro-gram, and \$25 or \$23 for round-trip tickets.

Chapel Events

Free Concert

The award-winning Christian band ‘FFH’ is scheduled to perform 6 p.m. April 23 at the soccer field.

Reverend Dr. Billy Kim

The Reverend Dr. Billy Kim, pastor veritas for the 15,000 member Suwon Central Baptist Church, is scheduled to be the key-note speaker for the April 29 ‘Evening of Culture and Faith’ at the Loring Club. The event features performances by a local Korean music school including a fan dance, drum production, folk songs and a youth choir as well as the world-renowned evangelist.

*For more information, call the chapel at 782-4300.*

# Combating snack attacks —

## Airmen can trade in ‘bad’ snacks for fruits, vegetables

By Maj. Belinda Haines  
Health and Wellness Center

When you get the munchies, what do you crave? Is it chocolate, potato chips or anything in a wrapper?

If you’re like most people, when you have a snack attack you reach for foods that give you a quick feeling of satisfaction—maximum pleasure for the least amount of time and effort spent. Often, these foods are crammed with calories and salt, making you feel guilty afterward. Adding to the guilt is the fact that most of us grew up with some variation of the “Never eat between meals” rule running through our heads.

But snacking can be a natural and efficient way of getting a quick energy pickup when a meal is still hours away. Studies show many people maintain their ideal weight better if they eat several snacks during the day, so they aren’t as hungry when mealtime comes around. Rather than cutting out snacks, try making them just as nutritious as your planned meals.

Make a list of your most common snack foods. If you have some nutritious, low-fat snacks on your list, make sure you always have a supply of these on hand. Omit the ‘empty-calorie’

items from your shopping list the next time you go to the supermarket. The easiest way to overcome temptation is to remove it.

Nutritious snack foods include fresh fruit like bananas, oranges, peaches, grapes, kiwi, apples, cherries low-fat yogurt rice cakes air-popped, unsalted popcorn carrot or celery sticks with low-fat dip

### Snacking at Work

Although, it might be easy to remove temptation at home, people are also tempted at work where the candy machine is just around the corner. What are some strategies to maintain your nutritious snack habit at work? Here are some ideas, and you can add your own.

Have on hand a variety of tasty, nutritious snacks. Keep a week’s worth of snacks in your desk or the lunchroom refrigerator. Lobby to have nutritious snacks included in the candy machine. Take a half-way measure: a nutritious snack in the morning, a candy bar in the afternoon. Eat a high-fat snack only during breaks and take a brisk walk around the grounds or neighborhood to “burn off” some of the extra calories you’re getting. Limit high-fat snacks to small portions. Stay out of a rut. Check the store for new nutritious treats.



## Benefits of walking

By Brian Killen  
Health and Wellness Center

With spring rapidly approaching, take advantage of the improving weather and start walking instead of taking taxis and shuttle buses.

Walking is a natural activity that helps firm up legs and back muscles. It increases circulation and fat metabolism while helping keep weight at a healthy level. Walking costs nothing and it reduces stress. It can also be fun if done with friends and family or outdoors to allow for the entire nature experience.

Walking at 3 miles per hour for 60 minutes burns 240 calories for a 110-pound person, which is 1,200 calories in five days. Walking at 3 miles per hour for 60 minutes burns 420 calories for a 210-pound person is 2,100 calories in five days.

Five days of walking quickly adds up, not bad for an easy activity that can be enjoyed by almost anyone.

## Calorie burning scale

If you weigh	and walk at -	2 MPH	3 MPH	4 MPH
110 pounds	you burn	3 calories a minute	4 calories a minute	5 calories a minute
120 pounds	you burn	3 calories a minute	4 calories a minute	5 calories a minute
130 pounds	you burn	3 calories a minute	4 calories a minute	5 calories a minute
140 pounds	you burn	3 calories a minute	5 calories a minute	6 calories a minute
150 pounds	you burn	4 calories a minute	5 calories a minute	7 calories a minute
160 pounds	you burn	4 calories a minute	5 calories a minute	7 calories a minute
170 pounds	you burn	4 calories a minute	6 calories a minute	8 calories a minute
180 pounds	you burn	4 calories a minute	6 calories a minute	8 calories a minute
190 pounds	you burn	4 calories a minute	6 calories a minute	8 calories a minute
200 pounds	you burn	5 calories a minute	7 calories a minute	9 calories a minute
210 pounds	you burn	5 calories a minute	7 calories a minute	9 calories a minute

## S P O R T S

## S H O R T S

All events, games or classes will be held at the base fitness center, unless otherwise stated.

### Training

#### Rock Climbing

- ♦Monday through Friday at 4:30 p.m.
- ♦Saturday at 10 a.m.
- ♦Sunday at 2 p.m.
- Call 782-4026 to register.

### Aerobics

#### Spin Class

- ♦Monday through Thursday at 5:30 a.m. and 6 p.m.
- ♦Saturday and Sunday at 4 p.m.

#### Step Class

- ♦Monday at 6 a.m. and noon
- ♦Tuesday and Thursday at noon and 5:30 p.m.
- ♦Wednesday and Friday at noon

#### Cardio Circuit

- ♦Wednesday at 5:30 p.m.

#### Kickboxing

- ♦Wednesday at 6 p.m.

#### Pilates

- ♦Wednesday and Friday at 5:30 p.m.
- ♦Saturday at noon

#### Boot Camp

- ♦Friday at 6 a.m.

### Martial Arts

#### Hopkido

- ♦Monday through Friday at 7:30 a.m. and 6:30 p.m.

#### Tang Soo Do

- ♦Monday through Friday at 6:30 and 11 a.m., and 6 p.m.
- ♦Saturday at noon

#### Tae Kwan Do

- ♦Monday through Friday at 11 a.m. and 7:30 p.m.

#### Kung Fu

- ♦Monday through Friday at 8 p.m.

### Upcoming Events

#### Tae kwan do tournament

♦Airmen are encouraged to stop by the Wolf Pack Fitness Center to support Airmen participating in a Tae kwan do tournament between the 8th Fighter Wing and Republic of Korean Air Force. The tournament begins at 9 a.m. April 22 and ends at 4:10 p.m. The tournament award ceremony will be held at 4:30 p.m.

#### Raquetball tournament

♦ Singles and Double elimination is scheduled for April 23 and 24 beginning at 9 a.m. Sign up by close of business Thursday.



# Mission complete —

*Wolf Pack spends many months preparing for April's ORI*



Photo by Staff Sgt. Raymond Mills

Staff Sgt. Shawn Canole, 8th Security Forces Squadron, gives self aid buddy care to a fellow Airman after a mock weapons malfunction. Basic first aid training gave Airmen knowledge for exercises and for real world situations. Inspectors observed how well Airmen responded to injured personnel during the operational readiness inspection.



Photo by Staff Sgt. Alan Port

**ABOVE:** A member of the 8th Fighter Wing gets checked for contaminants by a member of the contamination control area April 7 during the operational readiness inspection.

**LEFT:** Tech. Sgt. Greg Green, 8th Communication Squadron, searches a captured person outside the communication compound March 10 during exercise Beverly High 05-02. Airmen trained for several months in preparation for the April ORI.



Photo by Staff Sgt. Alan Port



Photo by Staff Sgt. Michael Holzworth

Staff Sgt. Ruth Rolle, 8th Communication Squadron, stands guard at an entry control point during the Beverly Bulldog 04-04 exercise.

Senior Airman Adam Carmody and Senior Airman Amanda Witt, 8th Operational Support Squadron, watch a radar scope Feb. 15. The radar watchers ensured no foreign aircraft intruded Kunsan air space.



Photo by Staff Sgt. Alan Port



Photo by Staff Sgt. Raymond Mills



Photo by Staff Sgt. Alan Port

**ABOVE:** Capt. Kristin Haley, 8th Fighter Wing, talks with mock reporters Dec. 16 during a simulated press opportunity. Public affairs Airmen practiced ways to support local and national media during war time.

**LEFT:** Senior Master Sgt. Robert Gardner, 8th Mission Support Squadron first sergeant, escorts family pets to a holding area during a noncombatant evacuation before the exercise. The evacuation drill tested the base's ability to process and transport non combatants off the peninsula.